

Toasted Bagel (GDV) \$11.5

Seeded mixed grain bagel served with cream cheese & pesto or cream cheese & jam.

Swap to vegan herb cream cheese +\$2.0

Granola bowl (GDV) \$19.0

House-made granola (contains nuts) seasonal fruit, coconut yoghurt and a peach, mango, and passionfruit compote.

Mango Smoothie Bowl (GDV) \$19.0

Topped with house-made granola (contains nuts), blueberries, strawberries, coconut chips, finished with a raspberry crumble and a drizzle of passionfruit pulp.

Not Just Eggs (GDV) \$18.5

Two free range poached eggs on Grizzly multigrain or focaccia toast, lemon and garlic hummus, crumbled feta, dukkah, finished with a drizzle of balsamic glaze.

Smoked Streaky Bacon +\$5.5

House-Smoked Salmon +\$7.5

Chorizo Jam +\$3.0

Eggs Benedict (GDV)

Two free range poached eggs on an English muffin, finished with a lemon hollandaise, a drizzle of balsamic glaze and herb oil. Your choice of:

Smoked Streaky Bacon \$25.0

Southern Fried Chicken \$26.0

House-Smoked Salmon \$26.0

Roasted Mushroom and Spinach \$24.0

Buttermilk Waffles (GDV)

House-made buttermilk waffles served with maple syrup and your choice of:

Southern Fried Chicken \$24.0

Smoked Streaky Bacon and Banana \$24.0

Seasonal fruit with peach, mango, and passionfruit compote \$24.0

Summer Breakfast (GDV) \$27.5

Two free range eggs cooked your way with bacon, chorizo, house-made hash, mushrooms, baby spinach and roasted tomatoes on your choice of multigrain or focaccia toast.

Vegetarian option: \$27.5

Two free range eggs cooked your way with halloumi, house-made hash, mushrooms, avocado, baby spinach and roasted tomatoes on your choice of multigrain or focaccia toast.

Vegan option: \$26.0

Falafel bites, house-made hash, vegan cream cheese, mushrooms, avocado, baby spinach and roasted tomatoes on your choice of multigrain or focaccia toast.

Open Bagel (GDV) \$13.0

Seeded mixed grain bagel with house-made cream cheese, seasonal greens and tomato.

Smoked Streaky Bacon +\$6.5

Southern Fried Chicken +\$7.0

House-Smoked Salmon/Beer Battered Fish +\$7.5

Falafel Bites & lemon garlic hummus (Vegan) +\$6.5

Sandwich of the Week (GDV) \$POA

See specials board.

Served with chips and seasonal greens.

Smashed Avocado (GDV) \$23.5

Toasted focaccia, lemon avocado smash, house-made cream cheese, seasonal pickled vegetables, fresh salsa, dukkah and feta, finished with a herb drizzle and balsamic glaze.

Summer Salad (GDV) \$18.0

Seasonal greens, lemon and garlic hummus, pickled beetroot, carrot, fresh salsa, mung beans, dukkah, feta and fresh herbs.

Southern Fried Chicken +\$7.0

House-Smoked Salmon/Beer Battered Fish +\$7.5

Falafel Bites & lemon garlic hummus (Vegan) +\$6.5

Soft Shell Tacos (GDV)

Filled with slaw, aioli and house-made seasonal pickles, crispy shallots, finished with sriracha sauce and your choice of:

Southern Fried Chicken \$23.0

Falafel Bites & Lemon Garlic Hummus (Vegan) \$22.0

Beer Battered Fish with Tartare Sauce \$23.0

Southern Fried Chicken (GD) \$24.5

Southern fried chicken, house-made slaw, pickled vegetables, chips, served with chipotle mayo and sriracha sauce.

Swap fries for polenta fries +\$2.5

Salmon Bruschetta (GD) \$25.5

Toasted sourdough, house-smoked salmon, caper and parmesan cream cheese spread, fresh salsa, crispy capers, with fresh herbs, finished with a drizzle of balsamic glaze.

Fish & Chips (GD) \$26.5

Beer battered Gurnard, seasonal green salad, chips, and tartare sauce.

Please note:

Whilst every possible care has been taken in preparing our gluten free food, contact with gluten may still occur as equipment is shared.

- Available on Request----Please ask staff--

Ⓞ Gluten Free Friendly on request Ⓛ Dairy Free on request

Ⓥ Vegetarian on request or Vegan on request

Snacks

Bowl of Fries G D V

Served with house made aioli, tomato sauce and your choice of herb salt or plain salt.

Small	\$7.5
Large	\$12.0
Loaded Fries (bacon and cheese)	+\$4.5

Bowl of Wedges D V

Served with sour cream and sweet chilli.

Loaded Wedges (bacon and cheese)	+\$4.5
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Falafel Bites G D V

Served with lemon, garlic Hummus and sweet chilli.

\$15.5

Garlic Soy Crispy Chicken G D

Served with Japanese mayo.

\$18.5

Polenta Fries G D V

Served with vegan aioli.

\$14.5

Coffee

	Regular	Large	Bowl
Flat White	\$5.5	\$6.0	\$7.0
Cappuccino	\$5.5	\$6.0	\$7.0
Latte	\$5.5	\$6.0	\$7.0
Latte Macchiato	\$5.5	\$6.0	\$7.0
Chai Latte (Sweet or Spiced)	\$5.5	\$6.0	\$7.0
Real Choc Mocha	\$6.0	\$6.5	\$7.2
Real Choc Hot Chocolate	\$5.5	\$6.0	\$7.0
Long Black	\$4.3		
Americano	\$4.3		
Espresso	\$4.3		
Ristretto	\$4.3		
Short Macchiato	\$4.8		
Long Macchiato	\$4.8		
Piccolo	\$5.0		
Con Panna	\$5.0		
Vienna	\$5.0		
Affogato	\$5.5		
Fluffy	\$2.0		

Kid's Menu

(12 years and under)

Egg on Toast G D V

One free range egg your way on sourdough.

\$9.5

Mini Waffle G D V

Berry compote, cream, and maple syrup.

\$12.5

Fish Bites and Chips G D

Fish and chips with tomato sauce.

\$12.5

Chicken and Chips G D

Southern fried chicken, chips, and tomato sauce.

\$14.5

EXTRAS

Extra shot, Decaf, Oat milk, Soy milk,
Almond milk, Coconut milk, Pea milk

\$1.0

FLAVOUR SYRUPS

Caramel, Salted Caramel, Vanilla, Hazelnut

\$1.0

HOT DRINKS

Blackcurrant
Lemon Honey & Ginger

\$4.5

LOOSE LEAF TEAS

Tea for One: **\$4.8**
Tea for Two: **\$7.8**
English Breakfast, Earl Grey, Sencha, Tokyo Lime, Peppermint,
Chamomile, Red Vanilla Raspberry (rooibos)

ICED DRINKS

Iced Chocolate **\$8.0**
Iced Chai **\$7.5**
Iced Coffee **\$8.0**
Iced Mocha **\$8.5**
Kids Iced Choc **\$5.8**
Iced Latte **\$5.8**
Iced Americano **\$4.8**

SMOOTHIES

Berry **\$8.5**
Banana **\$8.5**
Kids Berry **\$6.0**
Kids Banana **\$6.0**

MILKSHAKES

Chocolate, Vanilla, Caramel, Salted Caramel, Coffee,
Butterscotch, Banana, Strawberry, Raspberry, Lime, Spearmint

\$7.0